

# Popcorn Chicken & Cheesy Bacon Potatoes

with Corn Cobs, Baby Broccoli & BBQ Sauce

TASTE TOURS

KID FRIENDLY

Grab your meal kit with this number

16



### Recipe Update

We've replaced the green beans in this recipe with baby broccoli due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Chat Potatoes



Corn



Diced Bacon



Cheddar Cheese



Baby Broccoli



Garlic



Spring Onion



Chicken Thigh



Cornflour



Nan's Special Seasoning



BBQ Sauce



Ranch Dressing



Mustard Mayo

Prep in: 25-35 mins  
Ready in: 35-45 mins

Eat Me Early

Coat juicy chicken thigh in cornflour and a couple of our staple seasonings and you have our not-so-secret recipe for popcorn chicken! Team with some solid sides - including a good dose of baby broccoli for crunch, colour and your veggie fix. When plating up, don't forget to add a drizzle of ranch dressing; it adds that creaminess and tang we know you want!

### Pantry items

Olive Oil, Butter

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
chat potatoes	1 medium packet	1 large packet
corn	1 cob	2 cobs
diced bacon	1 medium packet	1 large packet
Cheddar cheese	1 medium packet	1 large packet
baby broccoli	1 bunch	2 bunch
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stems
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
cornflour	1 medium sachet	1 large sachet
<b>butter*</b>	¼ tsp	½ tsp
Nan's special seasoning	1 medium sachet	1 large sachet
<b>butter*</b>	10g	20g
BBQ sauce	1 packet	2 packets
ranch dressing	1 packet	2 packets
mustard mayo	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3802kJ (909cal)	243kJ (58cal)
Protein (g)	56.2g	3.6g
Fat, total (g)	43.6g	2.8g
- saturated (g)	14g	0.9g
Carbohydrate (g)	72.1g	4.6g
- sugars (g)	24.5g	1.6g
Sodium (mg)	2156mg	137.9mg
Dietary Fibre (g)	14.5g	0.9g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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## Roast the potatoes & corn

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **chat potatoes** and **corn** cob in half.
- Place **potatoes** on one side of a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Add **corn** to other side of the tray. Roast for **10 minutes**.
- Remove tray from oven. Sprinkle **diced bacon** and **Cheddar cheese** over potatoes (you may need to break up the bacon with your hands!).
- Roast until potatoes are tender and cheese is melted and golden, a further **10-15 minutes**.

**TIP:** Cut any larger chat potatoes into quarters! You want them to all be similar in size.

**Little cooks:** Help sprinkle the cheese and bacon over the potatoes. Be careful, the tray is hot!

4



## Flavour the chicken

- In a medium bowl, combine **cornflour**, the **salt** and **Nan's special seasoning**. Add **chicken**, then toss to coat.

2



## Get prepped

- Meanwhile, trim **baby broccoli**.
- Finely chop **garlic**.
- Thinly slice **spring onion**.
- Cut **chicken thigh** into 2cm chunks.

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## Cook the chicken

- Return frying pan to medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, shake off any excess **spice mixture** from chicken, then cook **chicken**, tossing occasionally, until browned and cooked through, **6-8 minutes** (cook in batches if your pan is getting crowded).
- Transfer to a paper towel-lined plate.

**TIP:** Chicken is cooked through when it's no longer pink inside.

3



## Cook the greens

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **baby broccoli**, tossing, until tender, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a plate. Cover to keep warm.

**TIP:** Add a dash of water to help speed up the cooking process!

6



## Serve up

- Top potatoes with spring onion. Spread corn with the **butter**, then season.
- Divide popcorn chicken, corn cobs and baby broccoli between plates. Drizzle chicken with **BBQ sauce** and **ranch dressing**.
- Serve with cheesy bacon potatoes and **mustard mayo**. Enjoy!

**Little cooks:** Add the finishing touch by drizzling over the BBQ sauce and ranch dressing!

## Rate your recipe

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## We're here to help!

Scan here if you have any questions or concerns

